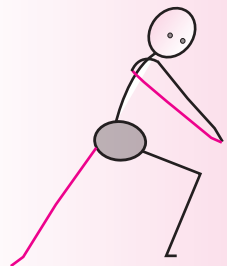
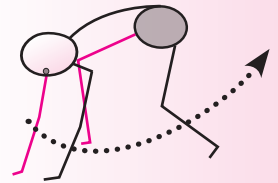
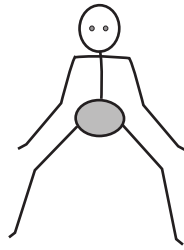


# FROM MOVEMENT TO TECHNIQUE



ENRIQUE PISANI  
JOS RUTTEN






## INTRODUCTION




### From movement to technique


There is a way to perform any of the six techniques in volleyball starting from the same movement. 

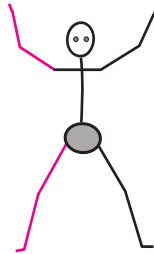
This movement must have several conditions:

- Change of level in space: initiating from low level to high.   
To avoid the overuse of the antigravitatory muscles in the process of learning.
- To initiate in center of the body or to pass through it 
- Support precedes movement 
- Pelvis shift precedes displacement in space. 
- The player has to arrive to perform the technique without having the intention to do it. 

In order to control the ball the player has to master his body and its different parts. The main idea is that the technical model is not a starting point for learning technique. If it were like this we will have six different models to «fill in».

One movement can lead to the six volleyball technical actions that means that there are common points among them. 

That means, that if we correct an aspect of this movement we correct this aspect in all the techniques, i.e. if we improve the pelvis shift in the Basic Movement 3, the attack and bloc  will improve.



## BASIC MOVEMENT 1

This movement starts lying on the floor, in what is called «X position», to go to sitting, to spiral up to the standing position.



The movement becomes specific when the body reaches the level in space where the technique takes place.

The turning of the hips determines the fluidity and the speed of the execution.

This movement is often use in the warm-up.

BM 1	BASIC MOVEMENT 1			
1	2	3	4	5
Lay on back. Arms and legs spread.	Exhaling and roll to the left side.	Close your body. Keep exhaling.	Keep the <span style="border: 1px solid black; padding: 2px;">se</span> se of rotation and go to sit. Hang down your head during movement.	Sit with crossed feet. <span style="border: 1px solid black; padding: 2px;"> </span>
<span style="border: 1px solid black; padding: 2px;"> </span>	<span style="border: 1px solid black; padding: 2px;"> </span>	<span style="border: 1px solid black; padding: 2px;"> </span>		<span style="border: 1px solid black; padding: 2px;"> </span>

*example: right handed player*

BM 1	SERVICE				
<i>backview</i>					
1	2	3	4	5	6
Sit with crossed feet: right foot in front of left foot.	Turn to the left.	Stand up while turning.	The hands leave the floor.	Complete the standing up opening the arms.	
<span style="border: 1px solid black; padding: 2px;"> </span>	<span style="border: 1px solid black; padding: 2px;"> </span>	<span style="border: 1px solid black; padding: 2px;"> </span>	<span style="border: 1px solid black; padding: 2px;"> </span>	<span style="border: 1px solid black; padding: 2px;"> </span>	

*example: reception to the left*

BM 1	RECEPTION		
<i>backview</i>			
1	2	3	4
Sit with crossed feet: right foot in front of left foot.	Turn to the left.	Stand up while turning.	Do sidestep with left foot. Pelvis shift to the left side.
<span style="border: 1px solid black; padding: 2px;"> </span>	<span style="border: 1px solid black; padding: 2px;"> </span>	<span style="border: 1px solid black; padding: 2px;"> </span>	<span style="border: 1px solid black; padding: 2px;"> </span>

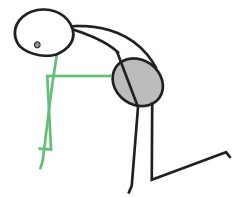
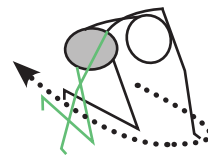
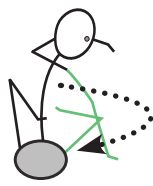
BM 1	SET				
1  Sit with crossed feet: left foot in front of right foot.	2  Turn to the right.	3  Stand up while turning; the hands leave the floor.	4  Finish with the right foot forwards	5  Pelvis moves up, arms complete the extension	

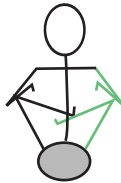
example: right handed player

BM 1	ATTACK					
1  Sit with crossed feet: right foot in front of left foot.	2  Turn to the left 270° while standing up.	3  The hands leave the floor; left foot is in front	4  Before finishing to stand up make a big step with the right leg.	5  Join the left foot.	6  Jump.	


example: block pos. IV

BM 1	BLOCK					
1  Sit with crossed feet: right foot in front of left foot.	2  Turn to the left 270° while standing up.	3  The hands leave the floor. Feet parallel.	4  Before finishing to stand up make a big crossover step with the right leg. Move to the left.	5  Join the left foot.	6  Jump.	





## BASIC MOVEMENT 2

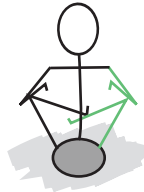
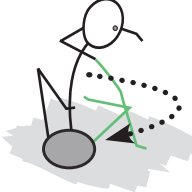
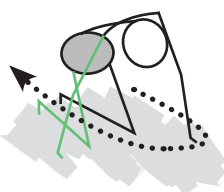
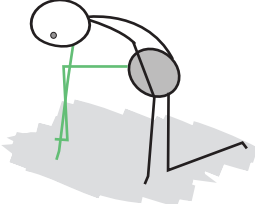




The starting position is seated on the floor to go to the kneeling position. 

From this position it appears the internal and external rotation of the femoral joints.

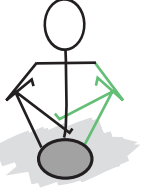

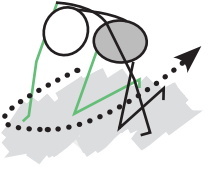
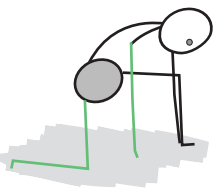
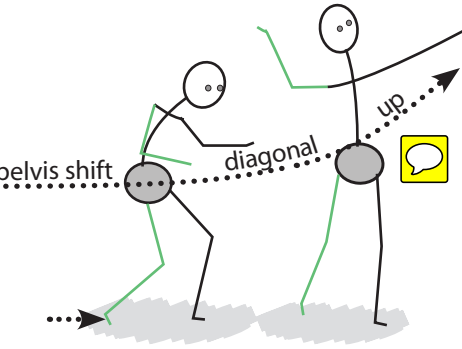
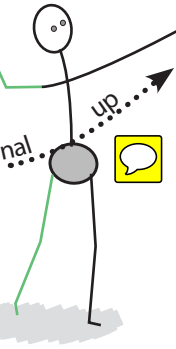






In functional anatomy a spreading movement of the legs involve external rotation, flexion and abduction.

So passing and defence belong to this type of movement. An extension movement involves internal rotation, extension and adduction of the legs, as in attack and block jumps.

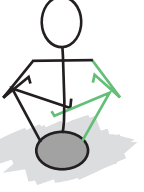
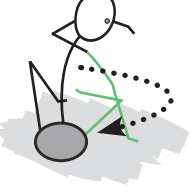
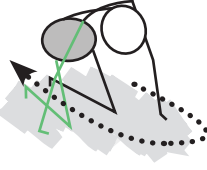
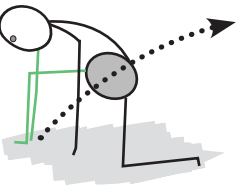
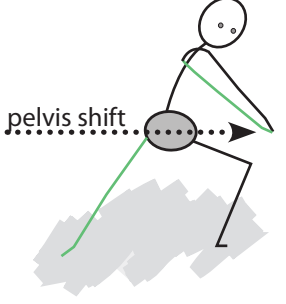





There are volleyball actions where all these characteristics are present, as in the middle player movement when blocking an outside attack.

BM 2	BASIC MOVEMENT 2			
<i>backview</i>				
				
<p>1 </p> <p>Sit with crossed feet: left foot in front of right foot.</p>	<p>2 </p> <p>Turn to the right. Place the right knee on the floor.</p>	<p>3 </p> <p>Place the left knee on the floor.</p>	<p>4 </p> <p>Keep turning to the right. Pivot on the left knee. Open the right knee maintaining the right foot in place.</p>	

*example: right handed player*

BM 2	SERVICE					
<i>backview</i>						
						
<p>1 </p> <p>Sit with crossed feet: right foot in front of left foot.</p>	<p>2 </p> <p>Turn to the left. Place the left knee on the floor.</p>	<p>3 </p> <p>Place the right knee on the floor.</p>	<p>4 </p> <p>Keep turning to the left. Pivot on the right knee. Open the left knee maintaining the left foot in place.</p>	<p>5 </p> <p>Shift pelvis forward up. Step forward with right foot.</p>	<p>6 </p> <p>Opening the upper body.</p>	

*example: reception at the left*

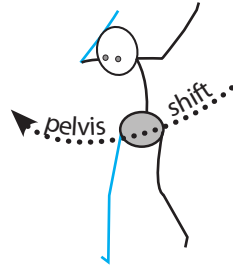
BM 2	RECEPTION				
<i>backview</i>					
					
<p>1 </p> <p>Sit with crossed feet: left foot in front of right foot.</p>	<p>2 </p> <p>Turn to the right. Place the right knee on the floor.</p>	<p>3 </p> <p>Place the left knee on the floor.</p>	<p>4 </p> <p>Keep turning to the right. Pivot on the left knee. Open the right knee maintaining the right foot in place.</p>	<p>5 </p> <p>Push from the right leg opening the left knee. Pelvis shift to the left.</p>	



BM 2	SET				
<i>backview</i>					
1 Sit with crossed feet: right foot in front of left foot.	2 Turn to the left. Place the left knee on the floor.	3 Place the right knee on the floor.	4 Keep turning to the left. Pivot on the right knee. Open the left knee maintaining the left foot in place.	5 Shift pelvis diagonal up. Arms completes the extension.	

BM 2	ATTACK					
<i>backview</i>						
1 Sit with crossed feet: right foot in front of left foot. Turn to the left.	2 Place the left knee on the floor and join the right knee.	3 Keep turning to the left. Pivot on the right knee. Open the left knee maintaining the left foot in place.	4 Before finishing to stand up make a big step with the right leg.	5 Join the left foot.	6 Jump.	

BM 2	BLOCK					
<i>backview</i>						
1 Sit with crossed feet: left foot in front of right foot. Turn to the right.	2 Place the right knee on the floor and join the left knee.	3 Pivot on the left knee. Open the right knee maintaining the right foot in place.	4 Push from the right foot opening the left knee.	5 Make a big crossover step with the right leg.	6 Join the left foot and jump.	



### BASIC MOVEMENT 3

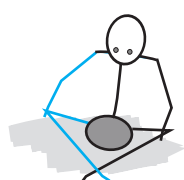
This movement targets the undercurve pelvis shift for attack and block.


The goal is to teach how speeding up the pelvis shift increases the height of the jump.

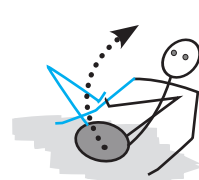



The level of difficulty is high so in the beginning would be wise to allow the player to push from the hands to go on the knee.

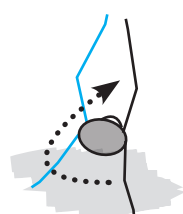
**BM 3** **BASIC MOVEMENT 3**




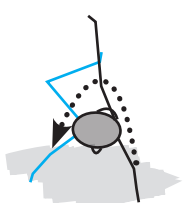
1  Sit with crossed feet: left foot in front of right foot.





2  Start rolling backwards, keeping the left leg crossed and bend.




3  Go to your back. Pelvis rolls off the floor straighten the legs.



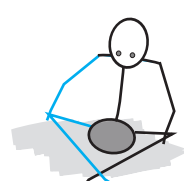
4  Rolling forwards crossing the right leg under the left leg.




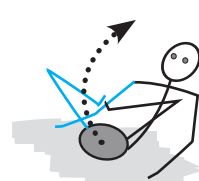
5  Come up on the right knee, left foot placed forwards.


example: right handed player

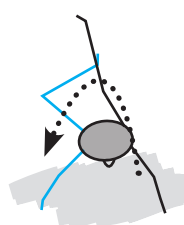
**BM 3** **ATTACK**




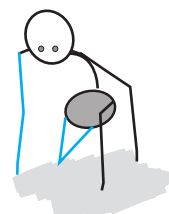
1  Sit with crossed feet: left foot in front of right foot.




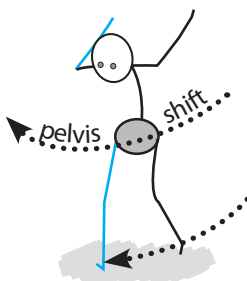
2  Start rolling backwards, keeping the legs crossed and bend.




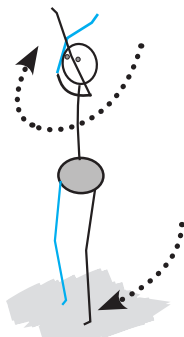
3  Rolling forwards crossing the right leg under the left leg.




4  Come up on the right knee, left foot placed forwards.



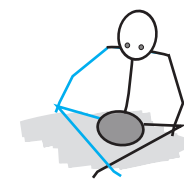
5  Pelvis shift diagonal forwards up. Make a big step with the right foot, swinging the arms backwards.




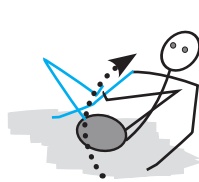
6  Join the left foot, swinging the arms forwards. Jump.


example: block pos. IV

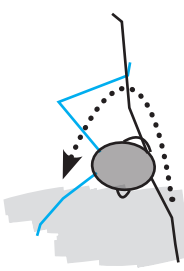
**BM 3** **BLOCK**





1  Sit with crossed feet: left foot in front of right foot.




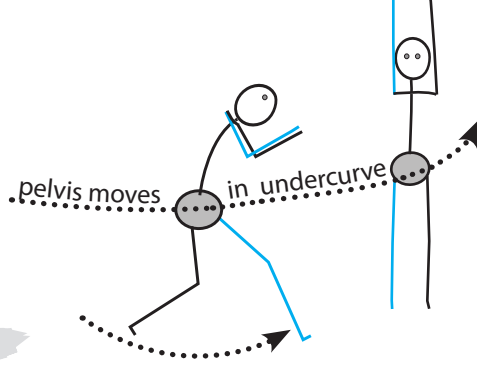
2  Start rolling backwards, keeping the legs crossed and bend.




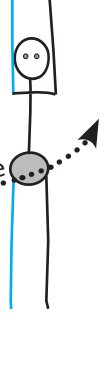
3  Rolling forwards crossing the right leg under the left leg.




4  Come up on the right knee, left foot placed forwards.



5  Make a big crossover step with the right leg. Pelvis moves in undercurve.



6  Join the left foot and jump.



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Founder of Regio-Volley: a project dedicated for clubs with Youth Development.

### **Acknowledgment**

*I knew Jos in 1990. He was one of the coaches with whom I work when I directed the Youth program of Noliko Maaseik. We collaborate during 4 years having good and rough times. I always have appreciated his devotion to his work and his interest of educating young players.*

*It is for me a pleasure to have the opportunity to work together again to publish this work. I acknowledge Jos for the hours of work it took to produce the drawings of this booklet. For his interest to interpret my ideas and to offer valuable opinions to this work.*

*Enrique.*